

ABSTRACT

Materials derived from cinnamon can be administered orally to humans or animals for the purpose of controlling blood glucose as well improving glucose tolerance. Controlling glucose metabolism is essential for those with impaired glucose metabolism as is the case for those with Type II diabetes where insulin function is not properly functioning. Such administration can also be used for the purpose of enhancing nutrient transport for purposes of athletic performance and controlling bodyweight and body fat levels. Similarly related, such administration can also be used for the purpose of enhancing creatine transport into excitable tissues such as skeletal muscle. The material can be administered as extracts of cinnamon and can be administered in a variety of ways including capsules, tablets, powdered beverages, bars, gels or drinks.